

Trip report

World Vegetable Center

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[www.africa-rising.net](http://www.africa-rising.net)

The [Africa Research In Sustainable Intensification for the Next Generation](http://africa-rising.net/) (Africa RISING) program comprises three research-in-development projects supported by the United States Agency for International Development (USAID) as part of the U.S. Government’s Feed the Future initiative.

Through action research and development partnerships, Africa RISING is creating opportunities for smallholder farm households to move out of hunger and poverty through sustainably intensified farming systems that improve food, nutrition, and income security, particularly for women and children, and conserve or enhance the natural resource base.

The three regional projects are led by the International Institute of Tropical Agriculture (in West Africa and East and Southern Africa) and the International Livestock Research Institute (in the Ethiopian Highlands). The International Food Policy Research Institute leads the program’s monitoring, evaluation and impact assessment.

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Africa RISING appreciates support from the American people delivered through the USAID Feed the Future initiative. We also thank farmers and local partners at all sites for their contributions to the program.

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5. Inviolate Dominick

### Purpose of trip

* Participation in Local seed and food fair in Karatu

# Country/countries visited

* Tanzania

### Dates of trip

* 25-27 /11/2021

### Budget source

* Africa RISING

### Budget Code

* 10000000-14

# List of people met during the trip and their contact details

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| --- | --- | --- |
| Name | Title | Contact |
| Neema Rugangira | Member of parliament in Tanzania; Chair of Parliamentary Caucus on Food Safety; Champion for Food Systems, NCDs, COVID19, Preemies and NTDs; Founder of Agri Thamani, Maendeleo Podcast and Omuka Hub | + 255 752182208 |
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# Important results/information gathered during the trip

Local seed and Food Fair Karatu (25-27 November 2021)

Karatu local seed and Food Fair 2021 showcased local seeds and food recipes made from locally grown crops and explored the potential that these crops have for consumers. The event took place at the Mazingira Bora ground in Karatu town and was Co-organized and supported by IDP/Iles de Paix, World Vegetable Center, MVIWAARUSHA, RECODA Farm Radio, ECHO and TARI

### The objectives of the Fair were to:

* Create community understanding on farmers’ managed seed system, agroecological crop production, and sustainable food systems;
* Share local and indigenous knowledge and skills on seed issues and local food.
* Stimulate small-scale farmers to access, share and save the local seed varieties.
* Raise awareness about local foods, recipe preparations, and utilizations.
* The Fair serves as an Initiative for the Promotion of Traditional Food Products and local seeds.

Below are key outcomes from these initiatives;

* Allowed farmers, youth/ students, national institutions, and private organizations to explore the potential that local seeds and local food have for producers, the business sector, and consumers. The key potentials emphasized were that local seeds such as Traditional African Vegetables (TAVs) are drought resistant, grow well in the local environment, resistant to pests and diseases, are environmentally friendly, have high yield with diversified nutrient content, take a short time to mature hence good for business investment, income generation as well source of employment.
* Bring together farmers, processors, consumers, journalists, policymakers, researchers, development partners, including the government sector, NGOs, local seed and food exhibitors for discussion, air out their opinions, suggestions, and recommendations on key issues affecting rural small-scale farmers (seed law, microfinance, and traditional food)
* Provide the opportunity for invited policymakers to learn the importance of local seed and Farmer Managed Seed Systems (FMSS).
* Create farmers’ linkages with other stakeholders offering different agricultural services and technologies
* Provide an opportunity for Researchers development partners, including farmers, to showcase and exchange farmer-managed seeds, to demonstrate traditional dishes including vegetable fruits and spices, making use of local varieties, and debating on the local Seed system.
* WorldVeg showcased recipes made from traditional locally grown crops including vegetables, grain amaranths, fruits, herbs, and spices and explored the potential of these crops for production, improved nutrition, and income.
* The luncheon activities involved farmers, extension agents, government/private employees, and students from various academic institutions, including hotel management, in learning recipes made from traditional vegetables other food sources, including staple crops and spices. During the event/sessions, they received tips on healthier diet. Education regarding healthy eating was demonstrated/emphasized. The healthy diet meal based on five food groups was displayed, demonstrated, and their nutritional/healthy benefits were explained/discussed. The exhibition team, including farmers, received nutrition training and demonstrated/explained how to process and cook different traditional vegetables promoted by World Vegetable Center.
* WorldVeg took the lead on local food recipe preparation, showcase and promotion of traditional vegetables, fruits, herbs, and spices with great emphasis on the power of vegetables focused on diversity for diversified nutrients, healthy eating, income generation, and as a source of employment specifically for women and youth.
* WorldVeg displayed seed samples of the diversity of traditional African vegetables (TAVs). More than 550 people(63% female) (farmers, students, other actors in the seed and food sector/ value chain) visited the WorldVeg booth and commented on their interest in the types and varieties displayed.
* Following the discussions, experience sharing, and explanations they received on the power of vegetables, fruits, and spices, including different innovations and their reading from the fliers, brochures, leaflets supplied to them, many of the visitors were interested and surprised by the benefits specifically on nutrient’s contents of the traditional vegetables which are not currently commonly cultivated in their areas however some crops were cultivated and consumed in the past. Some of the vegetable seeds they mentioned not currently available in their areas were chayote, spider plant, herbs, and spices.
* Most of the visiting farmers and others were interested in getting seeds of the displayed TAVs, fruits, and spices, especially chayote, local pawpaw, fresh herbs such as sage, marjoram, thyme, rosemary, mint, lavender, and tarragon, to mention a few and were given contact details of where they can get them.
* The event was attended by more than 700 participants and closed officially with the announcement of three winners for the local seed competition. Each got farm inputs prizes, of which the best winner showcased various TAV seeds. ‘’Thanks to WorldVeg for providing mother seeds and production innovations to farmers through the partnership with Kilimo Endelevu project,’’ said Bakari Hamis, a farmer trainer from Rhotia Khainamu village in Karatu District.

# Suggestions for follow up

* Sylvester Masanja and inviolate in collaboration with respective team to develop a mechanism to monitor and backstopping up on the application of what has been leaned from the event by farmers supported by Africa Rising and IDP to their real-life situation
* To document good practice demonstrated by farmers capacitated through Africa RISING and IDP initiatives.

# Photo images



**Figure 1**. From left Abdul Shango Worldveg Research associate -Genebank presenting TAVs; left farmer showcases local seeds including TAVs produced in their own fields in Karatu with technical support from Africa RISING



**Figure 2.** Ongoing discussion on chayote healthy benefits and value addition attract many people



**Figure 3.** Youth are very attentive learning on herbs and spices benefits and uses from worldVeg staff (wearing hats from left Ritha Luoga; right front Inviolate Dominick and Abdul Shango)



**Figure 4.** Testing of Diversified vegetable recipes with spices prepared by World Veg?team ongoing

A group of people standing around a table with food

Description automatically generated with low confidence

**Figure 5.** From left Laurian Ngaiza (Principal Economist at MOA) posing with local pawpaw fruits received from WorldVeg for seed production; Left Neema Rugangira (smiling) and Karatu DC (In black suit) exchanging views after testing amaranths grain porridge with pumpkin seeds, milk, and sage spice.

### Photo credits

* Photo credit: Njumali kivuyo, inviolate Dominick Abdual Shango – World veg